

BEREAVEMENT

Volume 1, issue 2



CompassionCare Hospice

Our Name is Our Mission

Bereavement is the state of loss following the death of a relative or friend.

CompassionCare Hospice Bereavement Service continue through the first year following the death of a patient, and includes efforts to assist the family to cope with death-related grief, loss issues and other survivor (s) needs.

We will be contacting you quarterly through this newsletter.

The purpose of this quarterly **BEREAVEMENT** publication is to provide comfort, healing and guidance during this process, and at the same time, **to remind you that we are here to help you through the grief process.** If we can be of further help, please give us a call today:

(702) 636-0200.

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SCRIPTURE:

"Bless are you who weep now:
For you shall laugh."

Luke 6:20



**I HAVE THE
RIGHT TO
SHOW MY
FEELINGS OF
GRIEF IN MY
OWN WAY.**



MY GRIEF RIGHTS

1995 Alan D. Wolfelt

1. **I HAVE THE RIGHT TO HAVE MY OWN UNIQUE FEELINGS ABOUT THE DEATH.**
 - I may feel mad, sad, lonely, scared or relieved
 - I may be numb or sometimes nothing at all
2. **I HAVE THE RIGHT TO TALK ABOUT MY GRIEF WHENEVER I FEEL LIKE TALKING**
 - Find someone who will care *and* listen
 - If I do not want to talk, its okay.
3. **I HAVE THE RIGHT TO SHOW MY FEELINGS OF GRIEF IN MY OWN WAY.**
 - I may get mad *and/or* might cry
 - or I might want time alone
4. **I HAVE THE RIGHT TO NEED OTHER PEOPLE TO HELP ME WITH MY GRIEF, ESPECIALLY THOSE WHO CARE ABOUT ME.**
 - To pay attention to me, to what I am saying and feeling
 - To love me no matter what
5. **I HAVE THE RIGHT TO GET UPSET ABOUT NORMAL, EVERYDAY PROBLEMS**
 - I might feel grumpy and have trouble getting along with others
6. **I HAVE THE RIGHT TO HAVE 'GRIEF BURSTS'.**
 - Sudden, unexpected feelings of sadness that just hit me—even long after the death
 - Feelings can be very strong
7. **I HAVE THE RIGHT TO USE MY BELIEFS ABOUT MY GOD TO HELP ME DEAL WITH MY FEELINGS OF GRIEF.**
 - Praying might make me feel better, closer to the person who died.
8. **I HAVE THE RIGHT TO TRY TO FIGURE OUT WHY THE PERSON I LOVE DIED**
 - It's okay if I don't find the answer
9. **I HAVE THE RIGHT TO THINK AND TALK ABOUT MY MEMORIES OF THE PERSON WHO DIED**
 - Memories might be very happy or might be sad.
 - Either way, these memories will keep alive my love for the person who died.
10. **I HAVE THE RIGHT TO MOVE FORWARD AND FEEL MY GRIEF AND OVER TIME, TO HEAL**
 - I'll go on to live a *happy* life, but, the life and death of the person who died will always be a part of me.

Grief is a physical, emotional, spiritual and psychological response. The death of a child is perhaps the most devastating loss one may experience. Yet, grief occurs following any change in our lives; even positive changes can bring a momentary grief response. Grief is a complex process, guided by our past experiences, our religious beliefs, our socio-economic situation, our physical health and the cause of the loss. Love, anger, fear, frustration, loneliness and guilt are all part of grief. It is important to understand that grief is not a sign of weakness or lack of faith.

Grieving may cause physical and behavioral changes such as: sleep irregularities, changes in appetite, gastro-intestinal disturbances, "heart ache," restlessness, spontaneous crying, irritability, sighing or muscle tension.

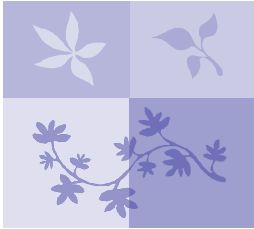
Anger and guilt are common emotions. You may feel angry with God, your spouse, your children or with others. You may be angry with yourself. Guilt feelings often accompany or follow anger. You may want to withdraw and be left alone.

Depression, feelings of emptiness and hollowness may temporarily overcome you. You may experience headaches, tightness in the throat or chest, muscle aches or a burning sensation in your stomach. **GRIEF HURTS!!** You may for a while become preoccupied with the images of the dead person. You may "see" or sense the dead person's presence. You may begin to wonder if you are going crazy.

Suggestions that can be used to help yourself through grief

1. Acknowledge the loss.
2. Accept the pain of grief. Try to live through it, not avoid it.
3. Share your thoughts and feelings. Find enough compassionate listeners. You can talk more than one person can listen.
4. Understand each person has an individual time table for grief. Each person grieves separately and differently. We each move through grief at our own pace.
5. Find your sense of humor. Try to hang on to it!
6. Get some physical exercise. If nothing else, jog your memory.
7. Learn to hug again!
8. Accept yourself. Begin to understand that you are someone new. Acknowledge the change.
9. Begin to become the person that you already are ... Beautiful and Loved.
10. Remember, though death comes ... **LOVE NEVER GOES AWAY...**





*But if the while I think on thee, dear friend,
All losses are restored and sorrows end.*

William Shakespeare



ABC'S OF GRIEF

- A**llow yourself to feel the loss.
- B**e gentle and patient with yourself
- C**ry as much as you feel you need.
- D**o not hide your pain.
- E**ndure today for tomorrow.
- F**orgive yourself for any guilt feelings.
- G**ive thanks for the love you had
- H**ave the intent to get better one day at a time.
- I**gnore comments that make you feel worse
- J**oin a bereavement support group.
- K**eep yourself busy.
- L**isten to meditative and calming music.
- M**easure your progress, but allow yourself time.
- N**ever give up on hope
- O**pportunities for changes will come
- P**rogress into the new life slowly.
- Q**uiet your mind in prayer.
- R**emember that you are not alone.
- S**tart something new and gratifying
- T**reasure the beautiful memories.
- U**nleash your emotions and
- V**erbalize your feelings.
- W**hen sadness hits, cry if you must
- X**-pect ups and downs on your grief journey.
- Y**ield to today's sorrow and
- Z**ealously re-assure yourself that tomorrow will be a better day.

Rev. Antonia Brasted, Ph.D – CompassionCare Hospice